



21st Annual McGinty Conference on Alzheimer's

The McGinty Conference on Alzheimer's features a number of informational educational sessions throughout the day. Plan your schedule accordingly with this [session guide](#).

KEYNOTE

8:30 - 9:30 a.m.

Latest in Research & Clinical Studies

Dr. Keith N. Fargo, director of Scientific Programs & Outreach at the Alzheimer's Association.

BREAKOUT SESSION A

9:45 - 11:15 a.m.

A1

Legal and Financial Planning for Alzheimer's Disease

Garvin Reiter, J.D.

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

A2

Elder Abuse Panel Discussion

It's difficult to take care of a senior who has many different needs, and it's difficult to be elderly when age brings with it infirmities and dependence. Both the demands of caregiving and the needs of the elder can create situations in which abuse is more likely to occur. Learn how to recognize and prevent elder abuse. This is a moderated panel discussion followed by audience Q&A.

A3

Reshaping Your Intimate Relationships: Experiencing Connection & Daily Reprieve

Trudi Hanks

This presentation offers a fresh perspective on caregiver care. Come and experience moments of vulnerability, laughter, and comfort as we journey through hard times towards wholeness. According to modern evidenced-based research on attachment therapy, human beings are hard-wired for connection. When a secure connection is disrupted by the disease of Alzheimer's, it has a direct impact on our ability to function. This presentation addresses the impact of bonding in the midst of the struggle for caring for our loved ones.

A4

Bathing Without a Battle

Joanne Rader, RN, MN

This session will address how to safely and comfortably meet the hygiene needs of people with dementia who often find bathing frightening or unnecessary. The question of how to approach the task (where, when, how) will be discussed and answers provided based on experience and research. Specific ways to make bathing more comfortable for the person and the caregiver will be demonstrated. The innovative techniques and approaches discussed will work in all care settings.

LUNCHEON PRESENTATION

11:30 a.m. – 12:30 p.m.

Make a Difference: Volunteers Move the Mission

A special presentation on the strategic importance of volunteerism in the elevation of Association objectives.

BREAKOUT SESSION B

12:45 p.m. – 2:15 p.m.

B1

Understanding and Responding to Dementia-Related Behavior

Michelle Luis

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

B2

Connection Matters for Memory: Working Against Loneliness and Social Isolation

Kera Magarill

Many of us can imagine that social connection is integral to our well-being, but did you know that loneliness and social isolation can lead to a variety of health consequences including an increased risk for dementia? After a diagnosis, the journey of Alzheimer's disease can drive families even further into isolation. Find out why the isolation of dementia and caregiving has such a severe impact on our health. Learn about dementia-friendly resources and other ways in which you can seek new opportunities for connection in your community and get tools to help maintain connection in changing relationships.

B3

From a Tangled Mind to a Safe Cocoon

Dr. Patrick Gillette

[More information about this breakout session coming soon.]

B4

Prepare! A Presentation by the Red Cross

Shirlie Broomfield

The Red Cross *Prepare!* presentation focuses on personal and family preparedness. The presentation consists of 3 parts: Be Informed, Make a Plan, and Build a Kit. We hope to create conversation around preparedness and inspire action steps towards being better prepared for any emergency we may face.

BREAKOUT SESSION C

2:30 p.m. - 4 p.m.

C1

Issues of Sexuality: Unwanted or Undesirable Intimacy

Joyce Beedle

"I can't sleep!! He/She wants sex over and over ALL night long!" "Uncomfortable touching makes caregiving very awkward and difficult." "Sexual comments drive our caregivers away." Using these real-life scenarios, this interactive session will produce new, individualized ideas for dealing with these intensely private and quite uncomfortable issues. Related concerns from participants will be addressed in addition to scenarios provided by presenter. General Guidelines will be shared to reduce or avoid unwanted or undesirable intimacy interactions.

C2

Caregiver Panel

Learn from those who have gone before you and those who are currently on a similar journey. This panel of family caregivers and Alzheimer's Association support group facilitators will share their stories and insight with the audience. There will be a moderated panel discussion covering relevant caregiving topics, followed by Q&A from the audience.

C3

Taking Care of the Caregiver

Christina Foutch, OTR

Taking care of a loved one can be a rewarding experience, but also a very challenging time. This session offers practical tools for taking care of oneself when also taking care of a loved one. We will address the effects of caregiving on health and well-being and offer techniques and tools for managing stress and emotions, constructive communication, accepting help and avoiding the "guilt trap," finding time for physical health and exercise, dealing with difficult family members, as well as finding community resources including respite care.

C4

Light: How to Use Light For Your Health and the Health of Those You Care For

Suzanne Cavanagh

Circadian Light; understanding the biological need for light for caregivers and those they are caring for. How light can be used to address some of the difficult issues faced by caregivers: falls, sundowning, agitation, sleep deprivation and more. Why light is also important for the caregiver, for their own health, well-being and sleep.

3

RECEPTION

4 p.m. - 5 p.m.

2019 SPONSORS

